

EMPLOYEE WELLNESS

FL DOH Broward Employee Wellness Committee Newsletter

February 2014



February is Heart Health Month

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable. Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, the Centers for Disease Control and Prevention is offering weekly tips for better heart health.

The most common type of heart disease in the US is coronary heart disease, which occurs when a substance called plaque (cholesterol) builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias. CDC is providing a tip a day throughout February, but you can take these small steps all year long.

Plan for Prevention

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- **Eat a healthy diet.** Choosing healthy meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure. For more information on healthy diet and nutrition, visit [CDC's Nutrition and Physical Activity Program Web site](#) and [ChooseMyPlate.gov](#).
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat. If you know your weight and height, you can calculate your BMI at [CDC's Assessing Your Weight Web site](#).
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week. For more information, see [CDC's Nutrition and Physical Activity Program Web site](#).
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Find more information at [CDC's High Blood Pressure Web site](#).
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. For more information about tobacco use and quitting, see [CDC's Smoking & Tobacco Use Web site](#) and [Smokefree.gov](#).
- **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. For more information, visit [CDC's Alcohol and Public Health Web site](#).
- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. You can find out more from [CDC's High Cholesterol Web site](#).
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options. Visit [CDC's Diabetes Public Health Resource](#) for more information.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

For more ideas about simple steps to take every day for better heart health, visit: www.cdc.gov/features/heartmonth/ and http://www.nhlbi.nih.gov/health/public/heart/cho/cho_tlc.pdf



Julius Erving: "If you don't do what's best for your body, you're the one who comes up on the short end."

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- Twelve week challenge to a healthier you
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Twelve week challenge to a healthier you.



What is your goal?

What is your reason for making that lifestyle change?

Health reasons, for example: do you need control your blood sugar or cholesterol? Improve back or knee pain? Breathe or sleep better? Have your clothes fit better? All are great reasons. Whatever your reason, it is good to write down a goal. It helps you become motivated to accomplish your goal.

A goal isn't necessarily the end result but a particular point in that journey. Realistic goals work best. Make a goal that leads to the next goal. Setting a goal to lose 10 pounds is not so overwhelming and it puts an end to that goal without putting too much pressure on you right away. When you have achieved that goal you can do it again or do a different one until you have reached your final goal/destination. Not everyone is looking at weight loss as their goal; maybe you just want to improve your health by eating better or exercising more. When you have made up your mind on what your goal is, it makes it easier to achieve it. Then you can ask what do I need to get there? Decrease calorie intake and exercise more. How? What do I eat and how do I fit exercise into my busy life.

Eating smart on the go is always a challenge. Start by planning ahead. Chop up veggies to make them an easy "grab and go", hummus is a great addition. Yogurt, low in sugar is a good thing to have handy so is vegetable juice, not fruit juice as it contains sugar. Pretzels in snack size packages or take from a large packet and put it in sandwich bags for later. Small apples, tangerines, bananas, nuts or raisins are a good go to snack. Increase your water intake by having a cup or bottle that you can refill. Try different teas for a change. Remember if you don't have it you can't eat it.

Increase your exercise by taking the stairs, walking faster, park farther away from the door. Find a walking partner, do housework with greater oomph or yard work. Wash the windows! All of these things burn calories if you give it heaps!

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

Tools for the 12 week challenge. You can find additional information on diet and nutrition on: www.choosemyplate.gov, www.cdc.gov/workathealth/ and www.healthiestweightflorida.com or contact any of Employee Wellness members by email and we will do our best to help. For Smartphone's you can browse the [Health & Fitness](#) apps to find one that is compatible with your needs!

28 Days to a Healthier Heart. February may be the shortest month of the year, but it's enough time to achieve some big improvements in your heart health. Now is the perfect time to get started on a new, heart-healthy game plan. Think about making one small change each week to lower sodium, get active, quit smoking, and control blood pressure to boost your heart health this month. http://www.cdc.gov/salt/healthy_heart_tips.htm

EXERCISES YOU CAN DO AT YOUR DESK



Seated V's:

Start sitting with your butt at the edge of the seat, your upper body leaning back 45 degrees, and your elbows supported on the arms of chair. Maintaining total body control, pull your knees into your body, then slowly extend your legs parallel to floor.

Results:

Shreds the stomach and isometrically engages the triceps muscles.



A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.

HEALTHY EATS!



Ingredients:

- 1 pound fresh asparagus spears, cut into 2-inch pieces
- 1 1/2 teaspoons extra virgin olive oil
- Course sea salt and freshly ground pepper to taste
- 1 pound fresh or frozen salmon fillets with skin
- 1 teaspoon finely shredded lemon peel
- 1 teaspoon snipped fresh parsley

Salmon and Asparagus

Directions:

- Place two (1 large and 1 medium) cast-iron skillets or oven-safe heavy skillets in a cold oven; heat oven to 450 degrees F. In a medium bowl combine asparagus and 1/2 teaspoon olive oil; sprinkle with salt and pepper. Brush the remaining 1 teaspoon of olive oil on both sides of fish; sprinkle lightly with salt and pepper.
- Carefully remove hot skillets from oven. Place fish, skin side down, in the large skillet. Place asparagus in medium skillet. Return skillets to oven. Bake for 12 minutes, or until fish flakes easily when tested with a fork and asparagus is crisp-tender.
- To serve, sprinkle fish with lemon peel and parsley.

Makes: 4 servings

Prep 10 mins

Bake 450°F 12 mins

Source: <http://www.hearthealthyonline.com/>



As for Me.

By Thomas D. Spann

Changes that I have made have been multiple. The first thing that I did was change what and how I eat. For example, I have replaced my traditional breakfasts with a protein shake blended with fresh fruit and using water instead of milk. For mid-morning snack, I will usually have a piece of fresh fruit or some raw nuts (almonds, pecans, etc mixed with raisins or raisins sweet and salty, crunchy). For me a typical lunch may be a 6 inch sub with some of the bread scooped out from inside so that it is more of a pocket than a half loaf of bread. I have them load up on the vegetables, a bit of vinegar-minimal amount of dressings. I consume copious amounts of water throughout the day. I do have at least two cups of coffee daily and drink it black. I enjoy lots of herbal teas like peppermint with or without honey. Midday snack might be a 6oz can of tuna in water or a tin of sardines. Dinner is typically a 6 to 8oz serving of lean protein and lots of vegetables (raw or steamed-the greener the better). Sometimes dinner may be simply a baked potato-white, red or sweet with a salad of kale, spinach, romaine and other vegetables with a bit of fresh squeezed lime or lemon or even an orange instead of dressing. Evening snack is usually another protein shake. The protein shake that I use is one that was recommended and it has worked for me in fighting hunger and cravings. On weekends we go to a diner. I order from the kid's menu (this is one of my cheats) it helps with portion control.



As far as physical activity. I work with a trainer three times a week, mostly using my own body weight instead of heavy weights. We do cardio, plyometrics, and isometric movements using resistance bands that help strengthen and tone. The bands can be used at home, on any door frame. I usually walk/jog/sprint on the days that I am not training with a trainer. I usually go more for time and intensity versus distance. I may typically walk, then jog or sprint bursts for at least an hour. I might increase the intensity with which I sprint just to get the heart rate up and to shock the muscles. On alternate days I may swim or go biking. We have lots of great biking paths and trails here in the Sunshine State.

The biggest change for me is losing the body fat and replacing it with muscle mass. The lifestyle change has allowed me to get back out and do things that I love like playing tennis, soccer with my kids and even basketball with my son. Additionally, my aches and pains in my back, knees and other joints have improved tremendously without the use of analgesics or anti-inflammatory meds. I am sleeping like a baby these days. Another benefit for losing the fat and the inches is now I can wear clothes that I have not worn in years and in fact I may have to purchase new clothes because many of my pants are now too big on me.

Thank you Thomas for sharing your inspirational story. Next time you see him around campus be sure to congratulate him on his success!

**Congratulations Thomas
your determination is inspiring!**

Please consult your healthcare provider before starting on any diet or exercise program.

DOH-Broward Employee Wellness

WALKING CLUB

**Please join us every Monday, Wednesday
and Thursday at 12:30pm in front of the
Administration Bldg.**



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